

# Tei-Fu Essential Oil

## Harmony & Health

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Quality Products for Health

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Tei-Fu Essential Oil is a blend of essential oils revised and perfected by a noted Chinese herbalist some fifty years ago, based on an ancient formula dating back more than one thousand years to the era of the Tang Dynasty. Nature's Sunshine Products first became aware of the Tei-Fu formula through a Chinese employee on its research staff who continually stressed its immense value for relieving pain.

Tei-Fu features menthol, camphor, wintergreen, eucalyptus, lavender, and clove oils to soothe & cool. Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions & sprays. Can be applied straight, but best to be diluted with a carrier before applying topically. Not recommended for internal use usually.

### Tei-Fu essential oil may help:

- **ALLERGIES, SINUS, STUFFY NOSE** - Smell or apply directly under nostrils.
- **ARTHRITIS** - Rub 2-3 drops firmly into the painful area.
- **ASTHMA** - 1 - 2 drops on back of tongue, close mouth & breath deep.
- **BURNS & SCALDS** - Use 2 or 3 drops diluted in aloe gel, apply topically
- **COUGHS & COLDS** - 1-4 drops dilute in carrier oil (child 1-2 drops) and rub on chest and throat.
- **HEADACHES & NECK** - 2-3 drops massaged into the temple area and another 2-3 drops onto the back of the neck, breathe, & stretch to release tension.
- **INSECT BITES OR STING** - Put 2-3 drops on the affected area.
- **LONG DISTANCE DRIVING** - diffuse in car or put 1-2 drops behind ears and under nose.
- **MOTION SICKNESS** -1-2 drops with water and put drops on under nose, on temple, and neck.
- **MUSCLE TENSION, SPRAINS, ARTHRITIS PAIN** - Rub in well on painful areas.
- **SCABIES/SWELLING/POISON IVY and OAK** - Apply topically as needed for itching.
- **SINUSES** - To open up sinuses, rub on upper lip, just under nose, and on the temple area.
- **STOMACH ACHE** - 1-2 drops with water; externally, massage 1-3 drops on the stomach.
- **TOOTHACHES** - Put 1-2 drops on a cotton ball, hold in area of pain; and/or put on gum.
- **VOMITING** -1-2 drops diluted in tea or water, sip on slowly.

**Caution-** Do not use near or above eyes, or near mucous membranes

Keep out of the reach of children. Store in a cool, dark place for best longevity.

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

*Building Better Health Naturally*

